

OUT & ABOUT

Washington Special Olympics

The Youth Fitness Zone is hosting the Track and Field and Swimming season of the Washington Special Olympics.

Practice for Track and Field runs from Wednesday to June 6. Practices will take place at Cowan Stadium Wednesdays and Fridays from 5 p.m. to 6:30 p.m.

Swimming practice runs through June 6 and will take place at Soldiers Field House Tuesdays and Thursdays from 5 p.m. to 6:30 p.m.

Both sports are \$35 apiece and are open to all youth ages 8 to 21 with or without special needs. Registration runs through today.

For registration information, call 967-2494.

For WSO sports information, call 967-5924 or 967-4441.

Skiing package trip

The Northwest Adventure Center will host a ski trip to Crystal Mountain today, departing from NAC at 7:30 a.m.

Cost is \$30 per person includes gear and transportation.

For more information, call NAC at 967-5414.

Bungee jumping

BOSS is hosting a bungee jumping trip Saturday. Trip costs \$60 and includes transportation, two jumps and a T-shirt.

Transportation leaves Nelson Recreation Center at 7 a.m. Sign up deadline is Wednesday.

For more information, call 967-5636.

Free-roaming area keeper tours

Hop onto the back of the keeper truck and experience the thrill of seeing wildlife at Northwest Trek at only an arm's length away Saturday, March 28, April 10, May 2 and 29, 8 a.m. to 10 a.m. A continental breakfast is included.

Cost is \$33 for adults; \$22 for children ages 5 to 12.

For more information, call (360) 832-6117.

Photo tours

Load your camera and climb on board a tram for a two-hour naturalist-guided tour of the free-roaming area at Northwest Trek, Sunday, 9 a.m. to 11 a.m., and April 25, 8 a.m. to 10 a.m. A continental breakfast is included. Cost is \$33 for adults.

For more information, call (360) 832-6117.

Kayak pool roll sessions

Classes available for beginners and for intermediate.

Beginners are introduced to rolling a kayak in a controlled environment and intermediate participants get to elaborate on their newly acquired skills in a controlled environment.

Class date for beginners is March 31. Intermediate the class date is March 24.

Cost is \$15 per person and the class meets at the Northwest Adventure Center at 6:30 p.m. Bring a towel, bathing suit and nose plugs.

For more information, call NAC at 967-5415.

Olympia boat fair registration

The Olympia Wooden Boat Association is proud to announce the 25th annual Olympia Wooden Boat Fair May 8 and 9.

The fair welcomes wooden boats of all sizes and types, new or old, power or sail, including rowboats, dinghies, kayaks and canoes.

Registration runs through April 12.

To receive a registration form, call (360) 943-5404.

Family concerts

The Community Family Concerts presents Cindy Farley and the Faith Heart on March 20; and the Wicker Sister and The Darts on April 17. Times are 6 p.m. to 8 p.m. at Emmanuel Baptist Church on 2508 State Avenue in Olympia.

For more information, call (360) 754-8838.

Free fitness classes

● Indoor rock climbing — Learn the basics for climbing room access, belaying harness use and tie-in knots Wednesdays, 5:30 p.m. Limit is 12 per class.

For more information, visit McVeigh Sports and Fitness Center in Building 2161 or call 967-5869.

● Basic Yoga — A basic yoga class geared toward fitness is taught in "YogaFit" Tuesdays and Thursdays, 4 p.m. to 5 p.m., at the Soldiers Field House stage.

For more information, call 967-4771.

● Basic Tai Chi — Class is held Tuesdays, 6:30 p.m. to 7:30 p.m., at Jensen Gym, Building 2022.

Classes are free for Department of Defense identification card holders who are 18 years and over.

Ski lift tickets

Ski lift tickets, at a savings of \$2 to \$10, are available at the Fort Lewis Information, Tickets and Tours office. Tickets for Crystal Mountain are \$40, Summit and Mount Baker are \$35 and Steven's Pass are \$34.

For more information, call 967-6169.

ITT

ITT offers many services including cruises to Alaska, Mexico and the Caribbean to military members.

The cruises are offered through Disney, Holland America, Norwegian, Carnival and more. Some even offer a military discount through ITT.

All cruises available through ITT have entertainment, delicious dining, comfort, fun, shopping and lots of memories.

For more information, call 967-6169.



A red-winged blackbird sits among the reeds at Cochrane Memorial Park.

Jason Kaye

Dancing on the prairie

East of Fort Lewis, Yelm offers more than just a nice view

By Jason Kaye
Northwest Guardian

The small town of Yelm, sometimes called the "Pride of the Prairie", is located on the East side of Fort Lewis and offers more than just a view.

The area, according to Nisqually legend, was once called Shelm a word used to describe the shimmering heat waves that danced above the prairie. In 1883 Yelm became the gateway to Mount Rainier when James Longmire

established a guide station and wagon road to the mountain. Many visitors to the mountain still travel through Yelm which lays claim to one of the best views of it in the South Sound. The town is more than just a crossroads though and has a few points of interest of its own.

"We've got some great parks, and thanks to Fort Lewis we're adding another one," said Adam Rivas, the town's mayor, referring to Longmire Park.

For more information

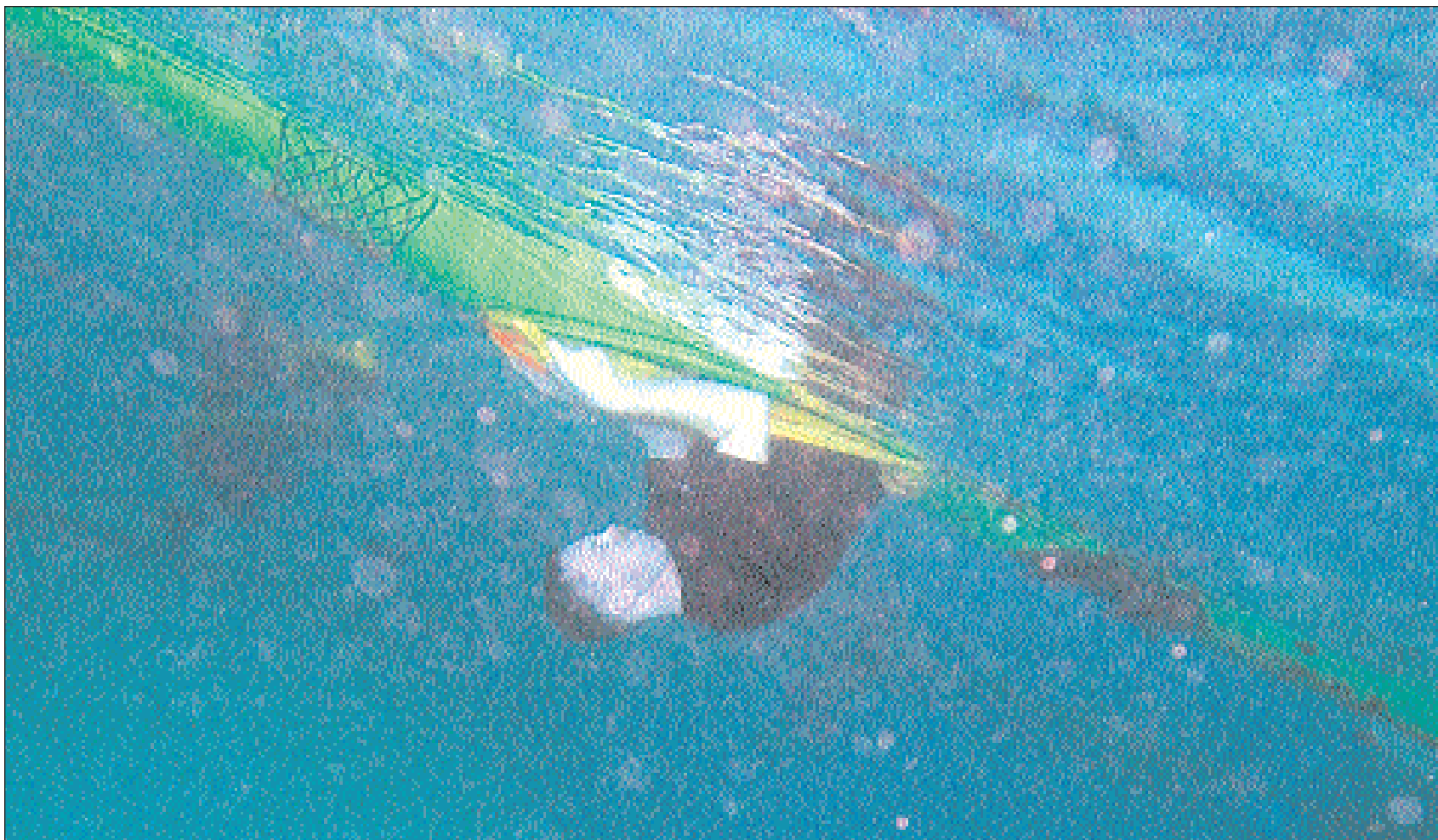
- On the Web: www.ci.yelm.wa.us.
- Drew Harvey Theater: (360) 458-8487.
- Yelm Cinemas at Prairie Park: (360) 400-3456 or visit www.yelmcinemas.com.

The park, still under construction, was begun with help from the 864th Engineer Battalion and is expected to be completed this summer.

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"The NAC offers a way to relieve stress associated with daily soldiering."

Rick Kivett



Photos by Sgt. 1st Class Gary Ogilvie

Karl Johnson does a wet exit from his kayak during an advanced rescue class at the Fort Lewis Morale, Welfare, and Recreation's Northwest Adventure Center.

Kayaking can be a real adventure

Recreation center offers classes for all skill levels

By Sgt. 1st Class Gary Ogilvie
Northwest Guardian

So you are sitting in your barracks room or at home on the couch wondering what to do to break the encroaching boredom.

The solution to the monotony is just a phone call away for a new adventure.

Fort Lewis Morale, Welfare, and Recreation's Northwest Adventure Center offers training for a multitude of exciting outdoor experiences, with classes ranging from those for the beginning adventurer to the experienced outdoorsman wanting to build on existing skills.

A great example were the classes designed to let kayakers get comfortable with different roll and rescue techniques held recently.

Rick Kivett, Outdoor Recreation Programmer, is one of the specialists at MWR that can take a mundane weekend and turn it into a life long memory.

"We teach people what they can do on their own, or with their fami-



Steve Frank bails out his kayak with a hand pump during rescue class at the Fort Lewis Morale, Welfare, and Recreation's Northwest Adventure Center.

lies just to get them outdoors," said Kivett.

"Our program is aimed at offering as much as feasible to Soldiers, their families, and DOD employees. We offer as much variety as possible in adventure and life-long outdoor sport activities," said Kivett.

The types of classes and outdoor adventures include white water rafting, hunter education and coor-

dination, skiing and snowboard trips, sea kayaking, U.S. and Canada guided salmon and trout fishing trips. Tentative plans are to include fly-fishing classes and trips, and Columbia River sturgeon fishing.

Sea kayaking opportunities are abundant around the Puget Sound area with access only minutes away from the post for those seeking a new perspective of the region.

● For information on what the Northwest Adventure Center has to offer or to arrange a trip contact Rick Kivett at 967-7788/6263.

Beginner kayak classes introduce students to rolling their watercraft in a controlled environment, intermediate classes expand on the newly acquired skills, and advanced skills help work on buddy rescue techniques.

Kivett is applying his knowledge learned in childhood and with his Bachelor of Science Recreation degree earned at the University of Idaho to serve the Fort Lewis community.

Units on Fort Lewis have used the NAC programs for physical fitness training and to build unit cohesion. The NAC program is also good for families with deployed spouses.

"Get them out and having fun helps take their mind off of deployment stress," said Kivett.

Special trips have been made for family support groups, Soldiers, and their units.

"The NAC offers a way to relieve stress associated with daily soldiering," said Kivett

Museum helps culture thrive, survive

If you go
Hours: Open Wednesday through Saturday, 1 to 4 p.m.
Event: Open poetry, comedy Wednesday, 7 to 11p.m.
Jazz music, fourth Friday 7 to 11p.m.
Open mic jazz second Friday, 7 to 11p.m.
Cost: \$3.50
Information: call 274-1278.

By Nicole Payne
Directorate of Community Activities

One of the oldest African American Museums in the United States is located in the heart of downtown Tacoma.

Organized in 1993, the African American Museum's mission is to research, collect, preserve and exhibit objects and information illustrative of African and African American people.

"It is important for any culture to know who they are and where they come from," Said Leon Walker, Businessman and art collector. "In order for a culture to thrive its art must survive."

Surviving on its own, The African American Museum, previously housed inside the Washington State Historical Society Museum, moved to its current location of 925 Court C in 1997.

"The African American Museum changed locations because board members felt that it should be a free standing museum, not just an exhibit inside the Washington State Historical Society Museum." Said Gwen Wind, Museum Volunteer.

Over the years the African American Museum has become a major repository of African American art and artifacts. It boasts collections such as: Extraordinary Leaders, The African American Mayors of Washington State, Service With Honor, The African American in the Military, Washington's African American Pioneers, The Man Named King, The Life and Time of Dr. Martin Luther King, Women of Achievement and The Splendor of Africa, a Look at Traditions.

See **MUSEUM**, Page B2

Youth soccer season begins with a smile, jumping jacks

By Staff Sgt. Terry Karney
Northwest Guardian

A rite of spring has already returned to Fort Lewis with the start of the youth soccer season. With leagues for all ages available, some of the most enthusiastic players are among the youngest.

It was Feb. 28 when the Northwest Guardian caught up with the action.

On the first day of the season they are just learning the rituals of the game. They turn around a pair of semi-circles with their backs to the referee and lift their feet, one at a time to show they have legal cleats.

They spend an afternoon a week practicing. Jumping jacks and running, ball handling, passes and blocks — the tools of the trade, and the basics of teamwork. Playing, slowly becoming more serious.

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